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Mayor Dave's back



BOB TYMCZYSHYN/QMI AGENCY NIAGARA

Mayor Dave Augustyn won re-election. Wednesday September 17, 2014



GREG FURNBERG/QMI AGENCY NIAGARA

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UP FRONT

ELECTION

Pelham: Another easy victory for Augustyn

DON FRASER
QMI Agency Niagara

Dave Augustyn again sailed to victory and will be Pelham's mayor for a third term.

Augustyn, 44, took home 3,256 votes in unofficial results to top farmer Zachary Junkin's 1,834 total.

Mark Bay, who owns an electrical contracting busi-

ness, came third with 986 votes.

"It's a clear majority," said Augustyn. "And I am so grateful for the support I received from the community."

"We're going to continue to improve it and work together ... to make it better," he said. Augustyn had an early career as a fundraiser for Niagara agencies.

He was elected as mayor in 2006 and easily won re-election as mayor of the town of 17,000 people in 2010.

Augustyn said the re-election of five incumbent councillors showed "the community wants to move forward and improve."

Marvin Junkin, a dairy farmer, is the new face, in Ward 1. Richard Lane departs.

Brian Baty was returned

for another term as Pelham regional councillor.

Augustyn said there were a number of big goals for the next four years.

Among those are continuing to move ahead on the east Fonthill development, "with the new medical centre and retirement home ... there's the issue of designing the multipurpose community centre which we're com-

mitted to doing — and trying to solicit federal and provincial funding in order for us to build that," he said.

Augustyn said another objective is to work with the community on an east Fenwick development.

"The No. 1 way we'll be able to set these priorities is through a strategic planning process, with all of council," he added. "We'll take

the views and comments we heard from folks as we went door to door ... and work them into our strategic plan for the next four years and beyond."

"I'm hoping we can get as a council and have a common vision."

don.fraser@summedia.ca
Twitter: @don_standard

COLUMN

On the roads and sidewalks to the ballot box

BRIAN BATY
For QMI Agency

There are some 6,300 homes and apartments in Pelham. This candidate made it to approximately 5,500 before twisting an ankle in a rut at the edge of Canboro Rd. in Fonthill.

The sturdy Vasque hiking boots had done their duty for several twists and humps before last Thursday. Nothing permanent in the injury; just needs a little time to refresh. In the last days of the campaign thoughts turned to some of the memories of this year's election. I had a friend ask me why I had a sign a long way down Victoria Ave. towards Lincoln. My immediate answer was the fact that the sign demonstrated

quite clearly how much land Pelham occupies and the vast majority of it is in agricultural use. The second reason it is there is in recognition of the large number of Pelham residents who commute down Victoria Ave. to the QEW and beyond. These are the people who would strongly favour the extension of the GO train service to Niagara. My last point regarding that sign was to point out the fact that it is noticed being way down the road near Lincoln.

Approximately 1,500 homes are rural and are serviced by rural mailboxes. Driving close to the boxes and placing brochures inside can be a challenging task. First off, there is a fine art in driving the vehicle within an inch of the mailbox without scratching the

passenger's mirror. There is often a challenge for the passenger to know whether the box opens downward or upward and the real challenge is presented when the doors that open upward weigh several pounds so that you require one hand to lift and the other to handle the brochure. It is clearly evident that the majority of mail boxes in Pelham have taken abuse; many from the teenage pranks of rural mailbox haseball.

Some owners have taken precautions against such abuse. One box on Sixteen Rd. had been taken down, put on end and a sleeve placed inside to pour a three inch wall of concrete to protect the external box from damage. Another on Centre St. was opened to expose a metal anvil inside. Others employ

steel posts, chains or guard rails to protect from damage. One can imagine the impact of a baseball had hitting one of these fortresses; something like Wile E. Coyote trying to capture the roadrunner!

There are many roads that go from one concession to another with no houses; only farmland and one has to marvel at the cost to maintain this extensive network of roads with so few houses to support the taxes.

That is also true of the extensive ditches that require maintenance. Nonetheless, especially at this time of year, the pastoral scenery was calming to the sight. My favorite offroad sights were Sulphur Springs Rd. and Orchard Hill Rd. over to Luffman Rd. In Fonthill there are tre-

mendous views from the top of Shaldane Lane and Donahue Drive but I think that Petronella Parkway has the most calming curves with some spectacular homes. In Fenwick, my own street of Memorial Dr. is one of the best places for a long stroll and the bending drive along River Rd. near the airport and O'Reilly's Bridge displays the tranquil scenery of the Welland River. The door to door drop-offs allowed me to share in the pride of ownership displayed by residents of our town with the variety of landscaping and garden features on view. I was particularly struck by the metal sculpture and honsai garden and deck at one residence.

Like my fellow candidates for all positions in this municipal election, we

thank you for the pleasure of sharing your homes and yards, your farms, orchards and vineyards with us as we made our way through the election path to today's vote. Hats off to all who presented themselves; thanks to all voters who cast ballots this year.

Brian Baty is the directly-elected regional councillor for Pelham. He won re-election Monday night. batyregm@coptic.ca.

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LOCAL NEWS

■ ZOMBIE WALK: 'I like to eat brains'

Welland's night of the living dead

GREG FURMINGER
QMI Agency Niagara

If someone told Nick Truskoski he looked like death warmed over Sunday night, he would have taken it as the ultimate compliment.

It was the Grimsby man's first time out to the Welland Zombie Walk, motivated by his mom to rise from the dead.

For Truskoski, it was a fun escape from the routine of life. An opportunity to take on a different persona.

"I like eating brains — with a little salt and pepper," he said from a face missing half its flesh.

While close to 200 people who dressed in dirty clothes and dripping with blood did indeed hunger for brains, on this creepy night of the living dead in Welland they would have preferred canned tuna or Puppy Chow.

These creatures wanted donations for the Hope Centre, or pet supplies for Welland and District Humane Society.

Prior to the walk, which got underway at about 7 p.m., zombies young and old formed a mob at the Welland transit terminal — yes, terminal.

It was there that *Monster Mash*, Michael Jackson's *Thriller* and anything by Rob Zombie blared from a sound system.

It's where 10-year-old Austin Bradley played undead with his friends.

"I like zombie movies, I like zombie video games, I like dressing up as a zombie for Halloween," the Welland boy said.

Most who took part in the deathly walk said they have no plans for a repeat performance this Friday, Halloween.

Kayla Slow, joined by Antony Ciriello, said she plans on being Batman for Halloween. She had so much fun at last year's zombie walk, she had to do it again.

"I like scaring people," she said.

For Vivian Ward and Joseph Morris, it was their first time participating.

"I've always loved the classic horror movies, the black and white movies," said Ward, who added a dig to today's teenaged fare: "when vampires weren't sparkly."

The couple, who were married on Halloween night under Pelham's Comfort Maple tree in 2006, will retire their zombie wear until next year and go with different costumes Friday.

New life has been given to zombies in recent years, with zombie-themed walks rising up across North America.

The St. Catharines Zombie Walk had its eighth edition Saturday afternoon, but drew a significantly smaller group than Welland's nighttime event. Last month, more than 400 people turned out to the first 5K Zombie Mud Run at Campark Resorts Campground in Niagara Falls.

There were many kids who moaned their way through Welland Sunday, including seven-year-old Ava Lagensten, who said it was "fun" to dress up as a zombie.

"It is fun," said dad Chris Lagensten, who like many who took part in the walk



PHOTOS BY GREG

FURMINGER /

TREASURE STAFF

Nick

Truskoski

of Grimsby

plays

undead

during

the fourth

annual

Welland

Zombie Walk

down town

Sunday

night.

Close to

200 people

turned out in

costume and

dozens of

other people

watched the

procession.

spent hours getting ready.

His time: five hours.

Add to that a couple hours' time spent milling around the bus

depot prior to the walk, plus the trek down East Main St., across the recreational canal and back via Division St., he was sure to be

dead tired by the end of the night.

greg.furminger@sunmedia.ca
Twitter: @GregAtTheHub

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Ten-year-old Austin Bradley of Welland loves all things zombie.

Published by PelhamNEWS, Sun Media Corp.

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COMMENT

Reporters didn't get ahead of the evidence

GRANT LAFLECHE
 QMI Agency Niagara

The first homicide cop I ever met, back when I was a cub reporter in Calgary, gave me a piece of advice that has stayed with me.

"Whatever else you do, never ever get ahead of the evidence," he said.

It's sound advice, be you a criminal investigator or investigative journalist.

Indulging in fanciful speculation, while it may be interesting, can easily cloud your judgment and push you down blind alleys while you fail to see the clues right in front of you.

It's why the late, great Walter Cronkite refused to pounce on news that president John F. Kennedy was dead until it was properly confirmed. He wasn't going on the air without being sure, and although that delayed his broadcast, his is the one history remembers.

Because he got it right.

In the news business, getting ahead of the evidence happens far too often. Too many times, reporters leap ahead of what they can possibly know, feeding not the news machine but the rumour mill.

It is why as a reporter, watching coverage of last Wednesday's shooting in Ottawa was so heartening.

Because reporters covering it got it right.

In the chaos of the immediate aftermath, there were more unknowns than knowns: How many shooters were there? How many were dead? Who killed who? Was this a full-on terrorist assault on Parliament?

It would have been easy in our 24-hour instant information news cycle universe for reporting to descend into rumour. But the journalists on the ground and the TV anchors in their studios stuck to the evidence, to what they could verify to be true. The CBC's Peter Mansbridge, in particular, played an effective role of the Canuck version of Walter Cronkite.

That is probably part of the reason why, despite the awful, gut-wrenching tragedy of it all, there wasn't nation-wide panic in the streets. The news was reported calmly, factually, and without undue sensation.

Even as I write this, the excellent coverage continues. The motives of the gunman, at this point, are unclear and no one is leaping to conclusions in print.

Consider American coverage of such events and you see the radical difference.

With the dust clearing after the Boston Marathon bombing, American journalists irresponsibly reported unverified, and ultimately false, information about the identity of the suspects, for example.

Last Wednesday's coverage by American outlets painted a picture of Ottawa as a city in abject panic, when the reality was more one of resolve, caution and compassion for one's fellow citizens in the face of so many frightening unknowns.

Even Jim Sciutto, CNN's national security correspondent, noted the difference, commenting on Twitter that Canadian news coverage of the Ottawa shooting was "normal for Canada, otherworldly for the U.S."

We live in a social media world that conditions us to expect the complete story instantly



QMI AGENCY

A crowd waits at the National War Memorial in Ottawa, a day after a gunman killed a soldier there.

and when that doesn't happen, we start culturally jonesing for our next fix, filling in the gaps with fiction.

But getting it right is always more important than being fast. Never get ahead of the evidence.

So even as we mourn as a nation and wonder "what next?" we can take pride that we were, in this most cynical and impatient of times, well served by our fifth estate.

grant.lafleche@sunmedia.ca


Shipwrecks — Taifun

SKIP GILLMAN

For QMI Agency Niagara

The German registered cargo carrier *Taifun* came through the St. Lawrence Seaway in 1970.

It had been built at Lübeck earlier that year and the 116.72-metre-long freighter was soon bound for the freshwater lakes.

In subsequent years, *Taifun* was sold and renamed a number of times but never returned to the Great Lakes under any of

these names.

By the end it was sailing under the tenth name of *Lan Ie*. The ship was registered in Cambodia after having seen previous service under the flags of Singapore, China, Panama and St. Vincent.

Lan Ie was last reported sailing off Kochi, in western Japan, on Jan. 28, 2001. The vessel had 6,300 tonnes of sand on board and was on a voyage from Weihai, Shandong Province, China, to Kashima, Japan. The former Great Lakes visitor disappeared at sea and all 19 sailors on board perished without a trace.

PHOTO CREDIT: TOM MANSE PHOTO, COURTESY ROGER LELIEVE

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■ **TELEVISION:** Port Colborne woman drives with feet up; St. Catharines man watches TV behind the wheel

Two of Canada's worst drivers live in Niagara

QMI Agency Niagara

Canada's worst drivers include a Port Colborne woman who puts her feet up behind the wheel and a St. Catharines man who watches TV while driving.

The two are among the new road hazards on *Canada's Worst Driver*, which aired its Season 10 debut Monday night on Discovery Channel.

Any of these people could kill someone.

The Port Colborne woman, identified as Mariah, is described as an "unrepentant

drunk driver" who drives with her feet up, phone in hand.

QMI Agency entertainment writer Jim Slotek reported she giggles when she talks about her drunk driving, which infuriates the TV show's judges and host Andrew Younghusband.

Of her drinking-and-driving, she reportedly says, "I don't want to do it; it's just something I do."

The St. Catharines man, identified as George, is a hyper-aggressive driver who speeds and watches TV on his

smartphone while in motion.

Two nominated for *Canada's Worst Driver* are put through a number of driving challenges using an assortment of vehicles, and usually including at least one high-end new sports car that ends up crumpled within minutes of being put into action.

The goal of the popular show is to not only improve drivers' abilities behind the wheel, but to drill into their heads how their bad and unforgiving road habits could kill them or someone else.



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SALE OF LAND BY PUBLIC TENDER

FORM 6, Municipal Act, 2001

Take Notice that tenders are invited for the purchase of the lands described below and will be received until 3:00 p.m. local time on November 20, 2014, at the Pelham Municipal Building (20 Pelham Town Square, Fonthill). The tenders will then be opened in public on the same day as soon as possible after 3:00 p.m. at the Pelham Municipal Building.

Description of Lands:

Roll No. 27 32 010 018 10856 0000; 719 Webber Road; PIN 64028-0288(LT); Part Lot 14 Concession 13 designated Part 23 Plan 59R9440, S/T spousal interest in R0705521, S/T debts in R0705521; Pelham; File No. 13-01. **Minimum Tender Amount: \$17,702.94**

Roll No. 27 32 010 018 14126 0000; 950 Webber Road; PIN 64399-0206(LT); Part Lot 18 Concession 14 designated Part 5 Plan 59R12533; S/T executions 10-0001408 and 94-0005152, if enforceable; Pelham; File No. 13-04. **Minimum Tender Amount: \$26,544.21**

Roll No. 27 32 010 018 14130 0000; 960 Webber Road; PIN 64399-0223(R); Part of Lots 18 & 19 Concession 14, in the Town of Pelham, formerly the Township of Pelham designated Part 6 Plan 59R12533; Pelham; File No. 13-05. **Minimum Tender Amount: \$24,400.64**

Roll No. 27 32 010 018 14138 0000; 980 Webber Road; PIN 64399-0208(R); Part of Lots 18 & 19 Concession 14, Town of Pelham, formerly the Township of Pelham, designated Part 7 Plan 59R12533; Pelham; File No. 13-06. **Minimum Tender Amount: \$5,495.43**

Roll No. 27 32 010 018 14160 0000; 285 Vineland Townline Road; PIN 64399-0211(LT); Part Lot 19 Concession 14 designated Part 9 Plan 59R12533; Pelham; File No. 13-08. **Minimum Tender Amount: \$4,297.03**

Roll No. 27 32 010 018 14162 0000; 255 Vineland Townline Rd; PIN 64399-0214(LT); Part Lot 19 Concession 14 Pelham designated Part 12 Plan 59R12533; S/T executions 10-0001406 and 94-0005152, if enforceable; Pelham; File No. 13-10. **Minimum Tender Amount: \$24,128.19**

Roll No. 27 32 010 018 14198 0000; PIN 64399-0224(R); Part of Lot 19 Concession 14, Town of Pelham, formerly the Township of Pelham, designated Parts 18, 19, 20 Plan 59R12533; Pelham; File No. 13-11. **Minimum Tender Amount: \$5,435.29**

Roll No. 27 32 020 013 14720 0000; PIN 64032-0065(LT); Part Lot 8 Concession 9 Pelham as in PE4519 S/T debts in R0243923 if applicable; Pelham; File No. 13-14. **Minimum Tender Amount: \$4,452.60**

Roll No. 27 32 030 005 02202 0000; PIN 64068-0510(LT); Part Block G Plan 717 Fonthill as in F01538 (secondly); Pelham; File No. 13-15. **Minimum Tender Amount: \$4,465.81**

Roll No. 27 32 020 010 19100 0000; PIN 64034-0235(LT); Parcel C-1 Section M48; Block C Plan M48; Pelham; File No. 13-16. **Minimum Tender Amount: \$8,987.06**

Tenders must be submitted in the prescribed form and must be accompanied by a deposit in the form of a money order or of a bank draft or cheque certified by a bank or trust corporation payable to the municipality and representing at least 20 per cent of the tender amount.

Except as follows, the municipality makes no representation regarding the title to, crown interests, environmental concerns, or any other matters relating to the lands to be sold. Responsibility for ascertaining these matters rests with the potential purchasers.

This sale is governed by the Municipal Act, 2001 and the Municipal Tax Sales Rules made under that Act. The successful purchaser will be required to pay the amount tendered plus accumulated taxes, HST if applicable and the relevant land transfer tax.

The municipality has no obligation to provide vacant possession to the successful purchaser.

For further information regarding this sale and a copy of the prescribed form of tender visit www.OntarioTaxSales.ca, or if no Internet access available, contact Elaine Ronald, Town of Pelham Taxation Clerk, at 905-892-2607 ext. 338.

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Zumba Classes @ Pelham Arena

Tuesday, November 4 9:30 am – 10:30 am
Tuesday, November 4 7:00 pm – 8:00 pm

Wednesday, November 5 7:30 pm – 8:30 pm
Thursday, November 6 10:00 am – 11:00 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more info on any Zumba classes, contact 905-892-2607 x329.

Walking Club - Everyone is welcome - November 4 & 6

Interested in joining a Walking Club? Then join ours! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandshell from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shiny Hockey	Women's Shiny Hockey	Women's Learn to Play Hockey	NEW! Hockey Skills Hour	Pelham Pirates Home Games
Friday Oct 31 4:00 – 5:00 pm 8:00 – 9:30 pm Sunday Nov 2 1:00-2:20 pm Tuesday Nov 4 7:30-8:30 pm	Thursday Oct 30 1:00 – 2:00 pm	Friday Oct 31 10:00 – 11 am Tuesday Nov 4 1:00 – 2:00 pm	Friday Oct 31 9:00 – 10:00 am Tuesday Nov 4 8:00 – 9:00 am	Thursday Oct 30 10:30 – 11:45 am Monday Nov 3 9:30 – 10:45 am	Thursday Oct 30 9:30 – 10:30 am	Thursday Oct 30 2:00 – 3:00 pm Monday Nov 3 11 am – 12 pm	Friday Nov 7 7:30 pm vs. Fort Erie

Hockey Skills Hour – Come out to practice your hockey skills and learn from a Pelham Pirates Jr. B. Trainer. Ages 10 and up welcome. Shiny rates apply.

COMMUNITY EVENTS & NEWS

Pelham Farmers' Market – May 1 until October 30 4:30pm until dusk – Pelham Town Square

October 30 is the final day for the 2014 season – Thank you for supporting your local Farmers' Market and see you all again next year!

Santa Claus Parade Applications – now available at Town Hall or online at pelham.ca

Outdoor Christmas Market Vendor Applications – now available at Town Hall or online at pelham.ca

Pelham Seniors Forum "Aging Creatively... Be Part of the Solution" hosted by the Pelham Seniors' Advisory Committee - Wed., Nov. 5, 2014 10:30am - 2:00pm – Fonthill Legion, 141 Highway 20 East. Register with mtoscher@pelham.ca or call (905) 892-8277. Visit pelham.ca for details.

CALL FOR MEMBERS – TOWN OF PELHAM GRANT AWARD COMMITTEE

The Town of Pelham is seeking three applicants to join the new Municipal Grant Committee, whose mandate is to provide advice and input into the municipal grant process. If interested, visit pelham.ca/municipal-grants to complete the application form and to apply by November 14, 2014.



CHRISTMAS IN PELHAM
November 5, 2014 – January 4, 2015



Get ready for the holidays. Check out these great upcoming events around Town and watch for more next week!



November 5 (6pm to 9pm): Holiday Gift Showcase and Downtown Stroll – Downtown Fonthill
20 Participating businesses: The Frosted Cupcake, Country Stained Glass, Lissajé Esthetics, Advanced Health Massage Therapy, Strut Shoes & Accessories, Mokus Restaurant of Fonthill, Fonthill Dental, J & J Floral Expressions, Churchill Natural Meats, Zest Restaurant, Presentations, Isis Body Sugaring & Esthetics, Heirlooms Artisan Bakery, The Café on Main, Baxo Fine Art Gallery, Studio Twenty, Klager's Meats, Sapphires Custom Jewellery, Mary Luska's Interiors and Ladies Fashion Accessories, Accelerated Health & Wellness Centre

November 6 (10am to 9pm), November 7 (10am to 8pm), November 8 (10am to 5pm): Holiday Gift Showcase - Shoppes of Ridgeville

5 Participating Shoppes: Hamiltons of Pelham, Le Village, Nature's Corner Bakery & Cafe, Sweet Thoughts, the Revival Company

LOCAL NEWS

■ **HEALTH CARE:** More Niagara women are being screened at NHS centres

Standing up to breast cancer

MARYANNE FIRTH
QMI Agency Niagara

Screening saves lives.
And it seems women in Niagara are beginning to get the message. The number of women in the region being screened for breast cancer is on the rise, and the local health system is doing what it can to ensure the trend will continue. Since 2011, the number of patients in Niagara Health System's target group — ages 50 to 74 — receiving breast screenings has risen by about 15%. A total of 22,039 patients were screened over the 2013-14 fiscal year compared to 20,307 in 2012-13 and 19,293 in 2011-12. The NHS has three full-service Ontario Breast Screening Program centres and assessment clinics in Welland, St. Catharines and Niagara Falls. OBSP satellite clinics are also available in Port Colborne and Fort Erie.

Despite promotion of the important screening program and other efforts to bring eligible women through hospital doors, there remains about 13,600 females in Niagara who should be getting screened but aren't, hospital officials say.

Breast cancer is the most common cancer among Canadian women, with one in nine diagnosed in their lifetime, said Dr. Janice Giesbrecht, medical director of the NHS's oncology program.

"One of the very positive messages is that since the 1980s, death from breast cancer has been decreasing," she said.

That, she said, is due in part to better treatments now available, but also owing to growing public awareness of the importance of regular screening, which can detect an issue early on.

Giesbrecht called routine mammograms key to the health of women between the ages of 50

and 74 in detecting cancer early, increasing the number of treatment options and improving the chance for survival.

While Niagara has "come a long way" in encouraging regular screening, Giesbrecht said, there is "still a lot of work to do" to ensure more women take advantage of the service.

"Are we satisfied with 70 to 75% of our women being screened? Why not 90%?" she said.

"We'd like to be at 100% of eligible patients."

Some of the reasons that might be preventing women from getting screened include cultural, language and socioeconomic barriers, Giesbrecht said. The NHS, she added, is working to reach women in these groups and target under-screened areas.

"A 'high risk protocol' is also in place that allows women as young as 30 to undergo screening with a doctor's referral, Giesbrecht said.

The patients must first undergo a risk assessment, which looks at their family medical history and tests for genetic mutations that could increase their risk of being diagnosed with the disease.

Women ages 50 to 74 can make an appointment at an OBSP site without a

doctor's referral. For more information on NHS breast screening program, phone 905-378-4647 or visit www.niagarahs.health.on.ca/en/breast-screening.

maryanne.firth@summa.ca
Twitter: @mfrith316

BREAST CANCER FACTS (CANCER CARE ONTARIO)

In 2014, it's estimated 9,500 Ontario women will be diagnosed with breast cancer and 1,950 will die from the disease. Breast cancer survival rates are among the highest for all cancers in Ontario.

Breast cancer occurs primarily in women ages 50-74 (57% of cases).

Most women diagnosed with breast

cancer have no family history of the disease.

Women ages 30 to 69 who have been confirmed to be at high risk for breast cancer should be screened annually with mammography and breast MRI.

Women ages 50-74 are encouraged to be screened for breast cancer every two years with mammography.



Mammography technologist Ashley Buswell positions a woman for a routine breast screening at the St. Catharines hospital's Ontario Breast Screening Program Centre.

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PELHAM NEWS

■ **POVERTY RELIEF:** Hope Centre buys Welland building, expanding into transitional housing

Hopeful

GREG FURMINGER
QMI Agency Niagara

The Hope Centre is poised to move most of its downtown Welland services over the next five years as it expands operations to offer transitional housing and related services for individuals

and families.

The agency that opened in 1974 as Welland Community Resource and Action Centre has bought the Welland Professional Arts Building at 570 King St., near the Welland hospital.

Hope Centre managers insist

the agency will always have a presence downtown, and for now there are no plans to move food security services.

Executive director Mark Carl said the price of the private real estate deal is not being disclosed, but did say the Toronto-based

medical buildings ownership group was "very generous" in coming to terms of sale for the 16,000-square-foot, two-story building.

The ultimate goal, Carl said, is to develop 20 top-floor transitional housing units and rent out office space to like-minded service agencies.

"Basically, anyone who helps people who are struggling with poverty-related issues."

The King St. building will ideally function as a one-stop hub of services — more than just the ones now offered at 178-181 East Main St.

"It's a good solution for helping fight homelessness."

Transitional housing is an intermediary housing option between emergency shelter now offered at Hope House on Division St. and stable housing. It provides residents with a supportive environment to live in while they re-establish themselves in the community.

According to the Hope Centre, wait list times for affordable housing in Niagara range from 1.5 to 11 years. Family wait times in Niagara average about four years, almost double that of the provincial wait time of 2.4 years, while non-senior individuals and couples will wait up to seven years for housing in Niagara, in comparison to provincial wait times of 3.4 years.

"This is an exciting opportunity for the Hope Centre to expand our services to help meet the needs of the community that are not currently being met with the struggles of poverty," Hope Centre board president Greg Woods said.

"The demand for affordable and transitional housing is a growing necessity and with our current operations the Hope Centre has limited space to offer this assistance and address this need."

Since 2012 the Hope Centre has undergone a transformation to address the various challenges related to operational effi-

ciency and financial stability.

Said Carl: "It's packed all the time. It's jammed."

The Hope Centre is developing a five-year plan to transition to King St.

During this transition the Hope Centre will continue to operate the community food bank, the Hope Kitchen, and provide support services at the 178-181 East Main St. building.

Hope House at 116 Division St. will continue to be operated by Hope Centre as a 24-hour emergency shelter until at least the end of next March, when its contract with Niagara Regional Housing expires. A review of Niagara's emergency housing needs is ongoing.

The Hope Centre provides residents with basic needs, including through the Hope Kitchen, its food bank, Coats for Kids and Families and Christmas hampers. It assists with housing, advocacy, literacy skills and preparation for job interviews.

A capital fundraising campaign for the new building is to launch in January.

"We want to invite the people that live in the neighbourhoods surrounding the King St. location to be part of the process, so we will be hosting a number of community conversations as well as hard-hat tours for the public," said Carolyn Fast, community developer for the Hope Centre.

A tour will be offered 6 p.m. to 8 p.m. on Wednesday, Oct. 29. To reserve a space, call Fast at 905-788-0744 ext. 223.

Carl said when the sale closed at the end of September, the building was 75% vacant.

The pharmacy once at 570 King is now on Ontario Rd. Many doctors offices have also moved to that site — the former Ukehanian hall — or to the new McMaster building on Prince Charles Dr.

greg.furminger@sumedia.ca
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■ FALL CONVOCATION

1,800+ graduate from Niagara College

QMI Agency Niagara

More than 1,800 Niagara College graduates received their diplomas and certificates at last Friday's fall convocation.

Two ceremonies took place at the

Welland campus athletic centre.

A 10 a.m. ceremony included graduates from the schools of business and management studies, hospitality and tourism, environmental and horticultural studies, academic and liberal stud-

ies, English, trades, justice and fitness studies and the Canadian Food and Wine Institute.

A ceremony for graduates from the schools of allied health studies, community services, and nursing and personal support worker studies was at 3 p.m.

Two special honours were presented.

Adin Bradley, chief operating officer of CareFirst Animal Hospital Group, is recipient of the Distinguished Alumni Award and Fonthill periodontist Dr. Peter Fritz is recipient of the Niagara Award.

Bradley is a 1996 graduate of the college's general arts program and 1998 graduate of its business administration - human resource management program, who started his career as licensed trainer and owner of thoroughbred horses at Fort Erie and Woodbine race tracks. He worked as human resources manager for Community Services for the Developmentally Disabled in western New York, then as HR director for Community Health Center of Buffalo, before joining Rural Metro Corp. in 2006.

In 2013, Bradley became the director of operations for American Dental Partners, Western New York Region, before taking on his current role as COO for Carefirst

in Raleigh, N.C., this year. Carefirst Animal Hospital Group comprises six animal hospitals and an emergency centre.

Fritz is a certified specialist in periodontics and runs a full-time private practice in Fonthill, that focuses on dental implant therapy, bone and soft tissue reconstruction, and oral medicine.

He completed his BSc degree at McMaster University and his dentistry degree at University of Toronto. Fritz practised general dentistry for five years before obtaining a fellowship in Periodontics from the Royal College of Dentists of Canada.

He has lectured extensively across North America and Europe and has published sev-

eral implant- and bone-related articles, and three book chapters. He has developed continuing education programs for all dental and medical professionals. He founded the Niagara Peninsula Dental Hygienist Study Club, the Perio in the Peninsula Study Club and the ITI Niagara Study Club, all international continuing education programs for health professionals. He is staff periodontist for Niagara Health System, president of the Welland District Dental Society and past president of the Ontario Society of Periodontists. He was appointed adjunct professor in the faculty of applied health sciences at Brock University where he is engaged in periodontal research and teaching.



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Many patients come into the pharmacy and have questions about cholesterol and what they can do to decrease it. Whether they found out they have elevated cholesterol through routine blood work or have a family history of high cholesterol, patients are curious about natural ways of lowering their cholesterol.

There are two types of cholesterol: a "good" cholesterol (HDL) and "bad" cholesterol (LDL). For patients with high cholesterol, the goal of therapy is to increase the amount of HDL and decrease the amount of LDL. Approximately 80% of cholesterol is made by the body and only 20% comes from the food you eat.

Many commercials for food products such as cereals and margarine are advertising that they can help lower cholesterol. The goal of this article is to examine the evidence of the effectiveness of various natural health and food products on the market that claim to lower cholesterol.

Products that contain soluble fibres such as psyllium (i.e. Metamucil) or oat bran are known as bile acid binders. These products increase the excretion of cholesterol from the body as well as increase the breakdown of cholesterol in the body to less harmful products. Between 10 and 30 grams of psyllium fibre daily mixed with others foods has been shown to have a significant cholesterol lowering effect.

Between 1.5 and 3 grams per day of Niacin (Vitamin B3) has been shown to lower bad cholesterol while increasing good cholesterol. In some patients, Niacin can cause skin flushing (redness of the skin) as well as itching. There are "flush-free" or "no flush" Niacin products available; however, their effectiveness has not been established.

Plant sterols and stanols often found in margarine labeled heart healthy (such as Becel Pro-active) have been shown to prevent some of the absorption of cholesterol from the diet and can be included as part of a healthy diet high in fruits and vegetables to lower cholesterol.

Finally, some studies have shown that between 600 and 1200mg of garlic in three divided doses can lower the levels of cholesterol and triglycerides (fat) in the body.

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IN BRIEF

Women to gather for girls

Big Brothers Big Sisters of South Niagara is hosting its fourth annual Sisterhood of Style fundraising event on Sunday, Nov. 2.

To be held from 4 p.m. at Lookout Point Country Club, the women's luncheon and fashion show supports the organization's Go Girls! Healthy Bodies, Healthy Minds group mentoring program.

The afternoon will include a sparkling wine reception, three-course lunch paired with local wine and a fashion show featuring designs from Absa-Fashion-Lutely, Bluff, Fashion U Turn, Le Village and Monica's at 270 Degrees West.

In keeping with the Go Girls! mandate to promote positive body image and all-ages, shapes and sizes were chosen to model in

the show.

Tickets are \$75 each or \$560 for a table of eight.

For more information or to purchase tickets, visit bbbsn.niagara.ca or call 905-735-0570 ext. 221.

Fonthill man arrested for housing build thefts

Video surveillance has helped Niagara Regional Police nab a suspect in a number of thefts from residential construction sites in Fonthill.

Police began their investigation in September.

In the early hours of Oct. 17, police responded to a theft in progress on Marlene Stewart Dr., where a man was caught stealing items from a construction site. As a result of this arrest and assistance from a video surveillance system, the suspect was linked to a number of thefts that took place in September.

On Wednesday 25-year-old Michael Roman of Fonthill was charged with two counts of theft under \$5,000. He was released on a promise to appear

in court at a later date.

Police said their investigation was assisted by "vigilant" members of the public.

\$1M winner in St. Catharines

Nagars Kundziel of St. Catharines won the Guaranteed \$1 Million Prize in a recent Lotto 6/49 draw.

Her winning ticket was purchased at the Avondale Food Store on Macdunnell Dr. in St. Catharines Oct. 17.

A million-dollar ticket was sold in Welland for the Oct. 18 draw.

St. Catharines resident Brian Farthing won a \$1-million prize in the June 21 Lotto 6/49 draw. Welland's Vitale Games won the guaranteed \$1-million prize from the Aug. 16 Lotto 6/49 draw.

Chefs showcase dinner nearing

Niagara Parks Commission will host its ninth annual Apprentice Cooks and Chefs Showcase Dinner next month. The event will be held Nov. 6 at Queenston Heights Restaurant, with

proceeds benefiting the Niagara Park Apprentice Cooks Scholarship Fund.

Apprentices will demonstrate their cooking skills alongside Niagara Parks culinary experts to prepare a five-course dinner featuring local produce and Niagara wines. Niagara Parks hosts one of the largest culinary apprenticeship programs in Ontario.

Tickets are \$100 each, which includes reception, dinner and wine. To view the menu and to purchase tickets visit www.niagaraparks.com/dinner or call 905-262-4274.

Bank investigator scam returns

Niagara Regional Police are warning the public and financial institutions that a common fraud known as the bank examiner or bank investigator scam is again targeting area residents, in many cases seniors.

In this scam, unidentified callers identify themselves as bank employees, such as manager or an investigator, and convince the victim to assist in the apprehension of a

dishonest employee. The suspect convinces the victim that an employee at their branch is under investigation for some impropriety and a number of accounts have been compromised. The suspect then enlists the assistance of the victim by having them remove a sum of cash from their personal account and either turn it over to the suspect at an off-site location, or deposit the funds to a 'dummy account' that would be used to catch the dishonest employee.

The victim is told this action would directly assist in apprehending the crooked employee. Once the cash is turned over, the suspect disappears and the victim suffers a significant financial loss.

Police have received one complaint in Niagara so far.

Police say at no time will a financial institution or police enlist the services of a member of the public in any sting.

Museum wins award for exhibit series

The St. Catharines Museum and Welland Canals Centre staff received recent kudos for a pop-up exhibit series.

For that work with the AMUSE exhibit series, they were handed an Ontario Museum Association's Excellence in Community Engagement Award.

The series involved bringing items out from the museum's archives and into the community. It was given out Oct. 16 as part of the OMA's annual conference.

That series combines history with music, food and culture as part of a one-night pop-up display.

It started in 2013 with displays on bicycles, music and fashion, while the 2014 series has focused on unique items from different decades.

It takes place at Mahtay Cafe and Lounge on St. Paul St. Unlike traditional museum exhibits, interaction with the collection is encouraged.

The next AMUSE event is set for Saturday, Nov. 1, at Mahtay Cafe.

Information is available at www.atca-thurines.ca/AMUSE or by calling 905-984-8880.



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LOCAL NEWS

■ **SOCIAL:** Stroke survivors group hosting talk with frank, open discussion

Verbal abuse painful, debilitating, demeaning

CHERYL CLOCK
QMI AGENCY NIAGARA

Her words strung as she issued her husband an ultimatum: "You've gotta start doing things for yourself, or I'm gonna put you in a nursing home."

George Stafford had survived two strokes, and his wife, Eileen, was suffocating under her role as his caregiver. She was everything to him. She was his security blanket and felt guilty for having time to herself. She hardly slept at night. If he fell and she wasn't home, she felt guilty for not taking better care of him. If she was away, she'd phone every half hour. If he didn't answer, she'd race back to make sure he was OK.

She thought: If he could only be more independent. More self-reliant.

Her words had been pent up for a long time. And when they spilled, it was like a dam of frustration bursting.

And, yes, regret was instant. "I felt guilty and I felt bad and I apologized," says Eileen, 77.

She loved him. Cared deeply for him. She married George when she was 16. Had three kids by the time she was 22. And felt like "an old lady" when her fourth came at age 27.

They used to dance up a storm at the legion, St. Catharines Branch 24 on Church St. After the strokes, George developed COPD — chronic obstructive pulmonary disease, and died in 2012. They were married 59 years. He hated being alone. And

the guilt of leaving him at home ripped her apart. He fell one day at his daughter's house, and cracked two ribs. And even though his daughter was home, Eileen beat herself up for not being there, too. "I wasn't there and I felt really bad," she says.

"It's my fault. I should have been there to help him."

Months of being a caregiver had worn away at her patience. Her ability to cope.

"Who do you take your anger out on? The person closest to you. The person who you love," she says.

One of her coping tools was a group of other caregivers she met through Survivors of Stroke Niagara. They'd get together every month, and somehow the simple act of talking and sharing, subdued the intensity of her frustration at home.

She called the discussions Eileen's Bitch Sessions. (Humour is a good coping tool, too.)

And she discovered that her feelings were shared by other caregivers.

Often, she'd hear comments like

It would be nice to be appreciated once in awhile.

I can never do anything right.

I'm tired too.

I don't have a life anymore.

The SOS group is hosting a discussion on verbal abuse today, by caregivers and by care receivers. It usually happens in private. It doesn't leave physical evidence, like bruises. There are often no

witnesses to validate their experience. And it's painful, debilitating and demeaning, says Mary Cyr, the session's organizer.

"We have to take this subject out of the closet, bring it out and talk about it," says Cyr, 80.

Her husband, Ted, had two strokes and died in 2011 at age 79 of an unrelated medical condition. They were married 56 years.

There were moments when his own frustrations ate away at his patience. Mary could be busy making dinner, and Ted would insist she come to him immediately. "Nothing else is more important than what they want in that moment," she says. Other times, after she had helped him cut up food at the dinner table, he'd tell her: "You didn't do it right."

"It wears you down," she says.

The discussion is not about assigning blame, but about having an open talk so people can identify verbal abuse, understand why it happens, and find the coping tools to handle it, she says.

Caregivers burn out and wear out. "A stroke happens to a family, not just the person," she says.

Verbal abuse is a pattern. Not one day when you said something bad, says Heather Kilty, Brock nursing professor and the event's guest speaker.

In private practice as a psychotherapist and counsellor, she has counselled abusive parents, and men who abuse

At it's mildest, verbal abuse



CHERYL CLOCK / QMI

AGENCY NIAGARA
Eileen Stafford with a photo of her husband, George. Eileen was George's caregiver after he'd had two strokes and finally, COPD. Caregiver stress and frustration is very real. "Who do you take your anger out on? The person closest to you. The person who you love," she says.

is about using words to discount and trivialize someone who is vulnerable and dependent on you for their care, attention and love, she says.

It can escalate to accusing, blaming, judging, criticizing and name calling. In the extreme, ordering someone around, controlling their freedom, denying them friends and yelling.

"It's insidious and it makes a person feel devalued," says Kilty.

"The only source of information about who you are is coming from the person who is abusing you."

Sometimes the abuse is intentional. Other times, the person is unaware.

Many times, the victims don't speak out. "If you

depend on someone else to care for you, you're not likely to report the person," says Kilty.

"People who live with verbal abuse are damaged by it. They don't have their voice," she says.

She is neither condoning the abuse, or blaming the abusers.

It's about understanding the complicated mix of circumstance and emotion that contributes to it: a caregiver feels overburdened and tired; they have no other supports; they are functioning on little sleep, without breaks; they never learned healthy ways to deal with stress; the caregiver did not have a good relationship with the person before they became ill; they have no training; they are unwell or

aging themselves; and they are burdened with new financial responsibilities.

Many times, Eileen handled the stress with humour.

One time, George was yelling because he'd slipped and fallen in the shower. Eileen came running to his aid, but in the chaos, turned the water to ice cold, instead of turning it off.

She's trying to pull him out of the tub. They're both drenched. And she starts laughing.

"You looked like a beach whale, hun," she told him. "I could have got killed," he said.

"Yeah," she conceded, "but you're still here."

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LOCAL NEWS

■ UNDERCOVER HIGH

Crew films Beamsville school prank for YTV

DON FRASER
QMI Agency Niagara

The call was so off-the-wall, Don Rose thought it was a silly phone prank from a colleague.

Someone from the production team for the YTV series *Undercover High* wanted to know this Great Lakes Christian High School students wouldn't mind being filmed in an elaborate prank to be staged on them.

"At first, I totally thought this just couldn't be true," said Rose, principal of the school in Beamsville.

"So they came to me, and then I thought it was kind of neat. The program wanted to highlight a cross-section of different types of schools in

Ontario," Rose said.

"And they were trying to get a representation of that diversity."

Rose said "absolutely" was his response when asked by General Purpose Entertainment if the 113-student independent Christian school would take part.

In the half-hour episodes hosted by Lisa Gilroy, teachers and staff are featured in a hidden-camera series as they turn the tables on their students in carefully devised pranks.

Rose said he was asked what unique club they would want to spotlight, and the student service group came to mind.

"I'd say our mandate ...

CHECK IT OUT

To watch the *Undercover High* trailer visit <http://eepurl.com/4y44r>

has really emphasized community service," he said. "So it makes perfect sense to (showcase) something in that area."

"Part of it emphasizes the fun aspect, and the other is (about) the values we have. It seemed like a win-win situation."

In the segment — likely to air on YTV on Nov. 8 at 6:30 p.m. — the school's community service club is asked to help a lady in need, who doesn't really want their

help. As for the session filmed late last spring, "It certainly wasn't what the students thought it would be," Rose said.

And the challenge: "How much can you do ... before the students realize something is up."

Pranked Great Lakes student Siann Gault, 17, said the surreptitious filming gag went by the book.

"They totally got us," said the Grade 12 student. "We did not see it coming. I've never been part of something like that before — it was just amazing."

don.fraser@stunmedia.ca
Twitter @don_standard



PHOTO SPECIAL TO THE STANDARD / GENERAL PURPOSE ENTERTAINMENT

"Undercover High" host Lisa Gilroy, Great Lakes Christian High School principal Don Rose (with the glasses) and their teacher Gord Azzopardo laugh with the kids right after they've been told they've been pranked for an episode of YTV's "Undercover High."

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Niagara Region Health & Wellness Expo



Saturday November 8th
9:00 am to 5:00 pm
Croatian National Hall
6 Broadway Avenue • Welland

Get ready for the **Niagara Region Health & Wellness Expo**.

This event is scheduled for on **Saturday November 8th** at the Croatian National Hall. It will feature a sensational line-up of renowned natural health experts - presenting info about health issues, natural therapies and remedies! Last year's expo was standing room only!

- 10:00 am - Dr. Kate Rhéme-Bleue - Natural Solutions for Stress, Anxiety and Insomnia
- 11:30 am - Dr. Zoltan Rona - Reverse Inflammation Naturally
- 1:00 pm - Dr. Gifford-Jones - Vitamin C and Lysine... The Dynamic Duo for Reversing Heart Disease
- 2:30 pm - Jason Tetro - Bacteria Influence All of Our Health Decisions

Plus there will be demos, **free samples**, health information and gifts from numerous exhibitors - including local natural health practitioners and health suppliers. Plus... **food donations will be accepted for The HOPE Centre**. For more info, visit **Rosemary's Natural Choices** or call us at 905-714-0586.

Health & Wellness Expo Natural Health Speakers Include...



Dr. Zoltan Rona
Natural Health Specialist



Dr. Gifford-Jones
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- Tire sealant and inflator kit
- Shutters, front lower grille, active
- Headlamps, halogen composite with automatic exterior lamp control
- Mirrors, outside heated power-adjustable with integrated turn signals, body-colour
- Glass, solar absorbing
- Wipers, front intermittent with structure less wiper blades

Interior

- Seats, front bucket
- Seat, rear, 60-40 split-folding
- Armrest, centre, rear with cup holders
- Steering column, tilt and telescopic
- Steering wheel controls, mounted audio and cruise controls
- Driver information Centre, colour display includes trip/fuel information, vehicle information and vehicle messages

- Windows, power with Express-Down on all
- Remote Keyless Entry includes panic alarm button
- Cruise control, electronic with set and resume speed
- Trunk release, power located in CHMSL deck lid, push button open on key fob
- Compass display
- Theft-deterrent system, content theft alarm
- Air conditioning with humidity sensor
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LOCAL NEWS



Heirloom Curated Holiday Market organizer Erin Snow is eager for the pop-up shop to open its doors at 1471 Pelham St. on Nov. 5.

Shop to pop up in Pelham

MARYANNE FIRTH
Tribune Staff

Consider it a little bit of Christmas magic.

Just as the holiday shopping season gets underway, a shop will appear in Fonthill offering unique gifts for under the tree.

But blink and you might miss it.

The Heirlooms Curated Holiday Market will spring up for only four days at 1471 Pelham St.

The pop-up shop will feature 25 carefully-selected artisans from across Niagara, who will offer one-of-a-kind pieces perfect for the holiday season.

"I wanted to do something different and exciting," said organizer Erin Snow, who felt opening a pop-up shop would be a "unique, fun venture."

Each of the selected vendors has an online store on Etsy, an e-commerce website that features handmade and vintage items. The temporary storefront provides an opportunity for customers and product creators to meet face to face.

The holiday market is an expansion of the popular Heirlooms Artisan Market, also run by Snow, that draws thousands of shoppers to Vermeer's Garden Centre each June.

She's hoping customers will buy into the trendy pop-up shop experience that has been gaining steam around the world.

"Pop-up shops are exciting. The experience is over quickly and it's an opportunity to put your best foot forward for the community," said Snow, owner of Chasing Clouds, an online shop that sells bath and body products.

Participating artisans will have to get creative with their displays, she quipped, as there will be a lot to see in the small storefront.

"Think cosy knits, soft, furry moccasins, stylish headwear and delicate Christmas decorations."

Snow encouraged people to visit the store and check out "the great creative talent that Niagara has to offer."

An opening gala, including draws, giveaways and holiday treats, will be held for the holiday market on Wednesday, Nov. 5, from 4 to 9 p.m.

The store will remain open Nov. 6 and 7 from 10 a.m. to 9 p.m., and Nov. 8 from 10 a.m. to 6 p.m.

Special \$5 tickets, not required to shop, will be sold for opening night that include a gift with purchase and free gift wrapping. A portion of each ticket sold will support Pelham Cares.

Tickets are available at Presentations Gift Shop and Pelham Cares.

Gift wrapping will be offered throughout the shop's four days in exchange for a donation to Pelham Cares.

Business is blossoming at The Fruit Barn.

The apple orchard, which also specializes in the sale of local vegetables, hosted its grand opening last week at 2760 Hwy. 20.

The day will include a ribbon cutting at 2 p.m. and refreshments.

Customers are encouraged to attend and check out the selection of produce, including 11 types of apples, as well as grapes, carrots, tomatoes, beets, onions and pumpkins.

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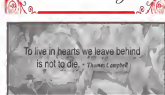
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